



# MSIT NO'KMAQ

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## All My Relations

### The Red Road of the Sea

*“The **Seven Grandfathers** told the First Elder that “Each of these teachings must be used with the rest; you can not have wisdom without love, respect, bravery, honesty, humility, and truth...to leave one out is to embrace the opposite of what that teaching is.”*

Traditional Teachings Handbook - Native Women's Centre

The expectations aboard the Ship and as a participant of Msit No’Kmaq: All My Relations are important for the safety of the Ship and its crew. These are very useful when a group of people are living and working together in close quarters. They are rooted in the Seven Grandfather Teachings and Inuit Qaujimagatuqangit, (IQ), a body of knowledge and unique cultural insights of the Inuit in the workings of nature, humans and animals. IQ is recognized to be a unified system of beliefs and knowledge characteristic of the Inuit culture and like the Grandfather Teachings, can be applied in many areas, including at sea. By walking a good way, we can walk the Red Road at Sea together. To do so we agree that:

- All orders and instructions given by the Captain, Officers and professional crew are to be obeyed immediately and without question. To disobey, ignore, reject, or argue with an order is an act that can be potentially very dangerous in conditions at sea. The wisdom held by the Captain and professional crew is rooted in knowledge and experience, much like that of an Elder and should be treated as such.
- Each Trainee will be part of a ‘watch’ and are expected to be on time and be responsible for their duties throughout the program. This ensures the safety, balance, and wellbeing of all on board.

- Participation in the daily leadership program is required, as is any follow up activities provided by your team's facilitator. By participating each Trainee can share their gifts with others in their team and the rest of the crew.
- Any injuries are to be reported immediately to your facilitator and/or the Captain.
- Self-care matters and each Trainee commits to undertaking what is required to maintain their well-being, in turn being a strong and healthy participant.
- Trainees will be mindful and supportive of their fellow Trainees and other Crew. Rooted in love, Trainees will be supportive, caring and responsive to the needs of others.
- For many, this will be a first. Trainees, while expected to try new things and be learning new skills, will be mindful not to undertake what they feel they are not able to do or over commit their pre-existing capacity. Trainees will ask for help or guidance when required as the balance between humility and courage is critical to the success of this experience.
- All Trainees will be mindful of the role they play regarding the environment while preparing for and being at sea. We can choose to have the least negative effect on the environment during the voyage with intention and care.
- The consumption or possession of alcohol or drugs while engaged in any activity ashore in Halifax or Le Havre or while afloat is strictly forbidden. Most participants will be 'legal' age of drinking and we understand that: we also understand that this Ship will be traveling on the Red Road of the Sea and those choosing to participate also choose to abstain for the duration of the project. This is out of respect for all participants, the Ships Crew and the overall wellness of the participants.
- Smoking, though allowable on the Ship will only occur in space designated by the Captain. The risk is far too serious for the safety of the Ship and all participants to smoke in other spaces.
- Sexual harassment, physical or verbal abuse shown to fellow crewmembers will not be tolerated.
- Sexual activity and intimate relationships will not be permitted while engaged in the program. Relationships can be challenging enough on land – they only become that much more intense when living and working so closely.

Trainees will work to include these Inuit societal values and teachings, that have been accepted and used for generations, (and are incorporated into how the Nunavut government is guided) in the way we work and live together during Msit No’Kmaq: All My Relations:

**Inuuqatigiitsiarniq:** Respecting others, relationships and caring for people.

**Tunnganarniq:** Fostering good spirits by being open, welcoming and inclusive.

**Pijitsirniq:** Serving and providing for family and/or community.

**Ajiiqatigiinni:** Decision making through discussion and consensus.

**Pilimmaksarniq/Pijariuqsarniq:** Development of skills through observation, mentoring, practice, and effort.

**Piliriqatigiinni/Ikajuqtigiinni:** Working together for a common cause.

**Qanuqtuurniq:** Being innovative and resourceful.

**Avatittinnik Kamatsiarniq:** Respect and care for the land, animals and the environment

I agree to do my very best to Walk the Red Road at Sea, understanding that though never perfect, I can and choose to act in a way that incorporates these teachings and will use them to guide my participation in Msit No’Kmaq: All My Relations.

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Trainee

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Date

